

From the War Zone to the Home Front II

Supporting the Mental Health of Veterans and Families

Matthew J. Friedman, MD, PhD Naomi M. Simon, MD, MSc



Additional Online Series Resources

This series is sponsored by:

The [National Center for PTSD](#): Provides research based education and training on trauma and PTSD. Although we are a VA Center, our seven divisions across the country provide expertise on all types of trauma – from natural disasters, terrorism, violence and abuse to combat exposure.

The Red Sox Foundation and Massachusetts General Hospital [Home Base Program](#): A partnership to provide clinical care to Iraq and Afghanistan veterans and military families in the New England area affected by combat stress and traumatic brain injury; education for clinicians and the community on “the invisible wounds of war”; and research in the understanding and treatment of PTSD and traumatic brain injury (TBI).

Below are additional resources to accompany each of the sessions.

March 14: Challenges of Treating Co-Morbid PTSD and TBI

- [PTSD 101 Course, Windows to the Brain - Neuropsychiatry of TBI](#): Reviews the types of TBI, common functioning deficits, the relationship between PTSD and TBI, assessment and treatment.
- Basics on [Traumatic Brain Injury and PTSD](#): Discusses TBI, its relationship to PTSD, ways to cope, and TBI in Veterans.
- [Traumatic Brain Injury and PTSD](#): Background information about traumatic brain injury and how it relates to PTSD. Implications for diagnosis and treatment.
- [Report of Consensus Conference: Practice Recommendations for Treatment of Veterans with Comorbid TBI, Pain, and PTSD](#) (PDF)
- [Epidemiology of the Relationship Between Traumatic Experience and Suicidal Behaviors](#): (PDF) 2008 PTSD Research Quarterly.



March 21: Recognizing Suicide Risk in Returning Veterans

- Call the [Suicide Prevention Lifeline](#) 1-800-273-8255
- Contact the Veterans Crisis Line: 1-800-273-8255, press 1 or (text 838255) or [Confidential Veterans Chat](#) with a counselor
- [The Relationship Between PTSD and Suicide](#)
- [Assessing and Responding to Suicidal Intent: A Fact Sheet for Providers](#) (PDF)
- [VA Suicide Prevention Mini Clinic](#)

March 28: Military Culture and the Challenges of Coming Home

- [PTSD 101 Course, Understanding Military Culture](#): Describes military terms and demographics, stressors in the military, report programs offered by DoD relevant to combat and operational stress, and describes implications of military culture for clinicians. Continuing Education (CE) credits are available.
- [VA's Understanding the Military Experience](#): A section of the Community Provider Toolkit.

April 04: Sleep Issues in Returning Veterans

- [Sleep and PTSD](#): Learn why people with PTSD may have trouble sleeping and what they can do about it.
- [PTSD 101 Course, Sleep Problems, Insomnia, and PTSD](#): Reviews the VA/DoD 2010 clinical practice guideline recommendations for treating sleep problems, insomnia, and PTSD. Describes a general treatment approach and evidence-based pharmacotherapy and psychotherapy interventions.
- [Nightmares and PTSD: Research Review](#): Provides information on prevalence and characteristics of posttraumatic nightmares, cultural issues, and effective treatments.
- Coming Soon: Mobile App for cognitive behavioral therapy for insomnia. [Sign up for the PTSD Monthly Update](#) to learn when it comes available from the National Center for PTSD.

April 11: Substance Abuse

- PTSD 101 Course- [Substance Use Disorders \(SUD\)](#): Reviews the VA/DoD 2012 clinical practice guideline recommendations for managing substance use disorders and PTSD through psychotherapy and pharmacology.



- PTSD 101 Course- [Smoking Cessation](#): Describes the rationale and evidence for integrating smoking cessation into PTSD treatment and provides an overview of psychological and pharmacological interventions.
- Report of Consensus Conference: [Practice Recommendations for Treatment of Veterans with Comorbid Substance Use Disorder and PTSD](#) (PDF)
- [VA Substance Abuse Program Locator](#): Similar to the [VA PTSD Program Locator](#), this Program Locator can be used to locate VA residential or outpatient substance abuse programs.

April 18: Aggression and Domestic Violence

- [Anger, Aggression and PTSD](#): This PTSD 101 online course provides an overview of the Clinical Practice Guidelines for anger and PTSD, including a review of the prevalence of anger and aggression in patients with PTSD.
- [Intimate Partner Violence](#): Information regarding intimate partner violence and its effects, together with suggestions for staying safe and getting support.
- National toll-free 24-hour Domestic Violence hotline: 1-800-799-SAFE (7233).
Website: <http://www.ndvh.org>*
- National Sexual Assault hotline: 1-800-656-4673
Website: <http://www.rainn.org>*
- [Partners of Veterans with PTSD: Research Findings](#): Discusses common problems experienced in relationships in which one or both of the partners has PTSD. Also discusses treatment options and lists resources.

April 25: Managing Grief and Loss in Returning Veterans and Families

- [Traumatic Grief: Symptomatology and Treatment for the Iraq War Veteran](#)
Describes traumatic grief and distinguishes between normal and pathological grief. Discusses the assessment and treatment of acute and complicated grief in returning Iraq war veterans.
- [Moral Injury in the Context of War](#): Describes moral injury and its aftermath in the context of war. Explains the relationship between moral injury and PTSD and presents treatment implications.

May 02: Pain Issues in Returning Veterans

- [The Experience of Chronic Pain and PTSD: A Guide for Health Care Providers](#): Discusses chronic pain and how it may be related to trauma and PTSD. Includes recommendations for health care providers on handling chronic pain and assessing for trauma.



- PTSD 101 Course - [PTSD and Chronic Pain](#): Describes in detail the interaction between PTSD symptoms and chronic pain, with a special focus on Iraq and Afghanistan Veterans. Reviews the VA/DoD 2010 guideline recommendations for treating pain and PTSD and discusses useful treatment approaches.

May 30: Bonus Session - PTSD Diagnosis and DSM-5

Please note the date of this presentation is after a one week break in the series.

- [New Diagnostic Criteria for PTSD to be Released: DSM-5](#) - A preview of the revisions to the PTSD diagnostic criteria that are coming in spring 2013.
- [DSM Criteria for PTSD](#): Information about the current DSM-IV-TR diagnostic criteria for PTSD.

Other Helpful Resources and Books

- [Couple-based Interventions for Military and Veteran Families](#): D. Snyder & C. Monson (Eds), New York, NY: Guilford Press.
- [Staying Strong](#): Parents, educators, school nurses and guidance counselors have a free online tool to promote resilience and emotional health in military-connected children. 
- [After the War Zone: A Practical Guide for Returning Troops and Their Families](#): Slone, L. B. & Friedman, M. J. (2008). New York: Da Capo Books.
- [Community Provider Toolkit](#):
Features support for mental health providers caring for Veterans. Learn how to connect with VA and access tools to understand military culture and Veteran-specific treatments in mini clinics.  **COMMUNITY PROVIDER TOOLKIT**
WORKING TOGETHER TO SERVE VETERANS
- [Using AboutFace: Real PTSD Stories](#)
An online video gallery dedicated to Veterans talking about living with PTSD and how PTSD treatment turned their lives around, AboutFace can be used as a teaching tool and resource to share with other providers, students, or clients. 

